

VT MUNCH TIMES

Coming to a Tray near You!

12/03/14

A monthly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include USDA Policy updates, a fun nutrition fact, and up-to-date resources for the coming weeks. Look for these updates once a month!

Munch on this:

Policy Update: Paid Lunch Equity (PLE):

Paid Lunch Equity, or PLE, is the USDA's accounting method to determine the minimum price you must charge your paid lunch participants. It's to ensure free and reduced meal reimbursement is not used to keep your paid lunch prices too low. By School Year 2015-16, any school food authority charging less than \$2.70 for paid lunch will need to either increase their prices or add non-Federal funds, or use a combination thereof. Record keeping with the USDA's PLE calculator in Microsoft Excel is essential.

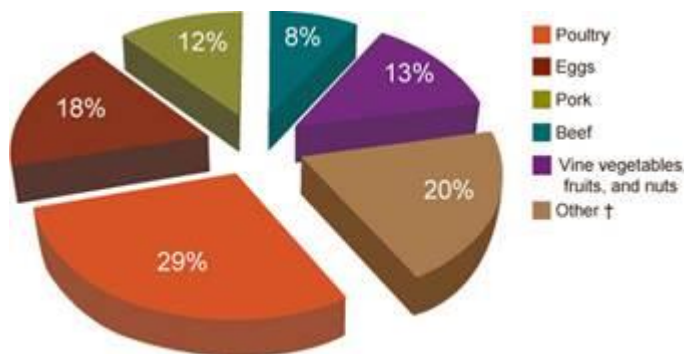
The following link contains PLE memo and instructions and the PLE Calculator in Microsoft Excel:

[USDA PLE website](#)

HACCP Snippet: Salmonella

Salmonella – is a bacterium, sometimes found in food, that can make people sick

Salmonella has been found in many different types of foods: meats, eggs, fruits, vegetables, and even processed foods such as peanut butter. Foods associated with Salmonella outbreaks:



Contamination can occur anywhere from farm fields to kitchen cutting boards.

Your HACCP plan should identify Salmonella risks in your kitchen, and your kitchen's HACCP plan should clearly identify Salmonella risks and actions to prevent contamination.

See: <http://www.cdc.gov/VitalSigns/pdf/2011-06-vitalsigns.pdf>

Source: Nancy Lewis

Trainings & Events:

Child Nutrition Programs' Training of the Month:

Mini-Manager Series: Whole Grains*

This training will include an overview of the whole grain rich requirements within the National School Lunch and Breakfast Programs. Attendees will learn how to calculate the amount of grain equivalents within a purchased product using the Grain Chart, as well as the grain equivalents in scratch-made recipes. Topics covered will include non-creditable grains and product formulation statements. This training is ideal for menu planners and food service staff in general.

Instructors: Marianna Charalabopoulos, VT Child Nutrition Programs

Date & Time: December 5, 2014, 2:00 - 4:00 pm

Locations: Room 423 (that's on the 4th floor), Agency of Education, 219 North Main Street, Barre, VT (in person)

-Hartford Area Career and Tech Center, **Hartford/White River Junction** (video conference)

-St. Albans City Elementary School, **St. Albans** (via video conference)

-North Country Union High School, **Newport** (via video conference)

-Brattleboro Union High School, **Brattleboro** (via video conference)

-Rutland Vermont Adult Learning, **Rutland** (via video conference)

Registration: https://creator.zoho.com/cheryl_4.3.68/child-nutrition-programs-training-of-the-month

Credit: 2 Continuing Education Units (CEUs) per training

Cost: Free!

Save the Date for these upcoming trainings:

January 12, 2015, 2-4pm ~ **Get the Credit: Understanding the New Professional Standards and How to Meet Them**

February 12, 2015, 2-4pm ~ **Successfully Applying for an Equipment Grant**

March 11, 2015, 2-4pm ~ **Mini-Manager Series: Production Records***

April 8, 2015, 2-4pm ~ **Are You Ready? Disaster Planning & Food Service**

May 15, 2015, 2-4pm ~ **Mini-Manager Series: Inventory***

**The Mini-Manager Series is a selection of modules from the "School Nutrition New Managers Training" taught annually at Summer Institute – new managers and current managers are all welcome to attend.*

Recipes: Recipe of the Month: Cider Glazed Squash

Cider Glazed Squash

Yield: 80 1" cubes

Ingredients:

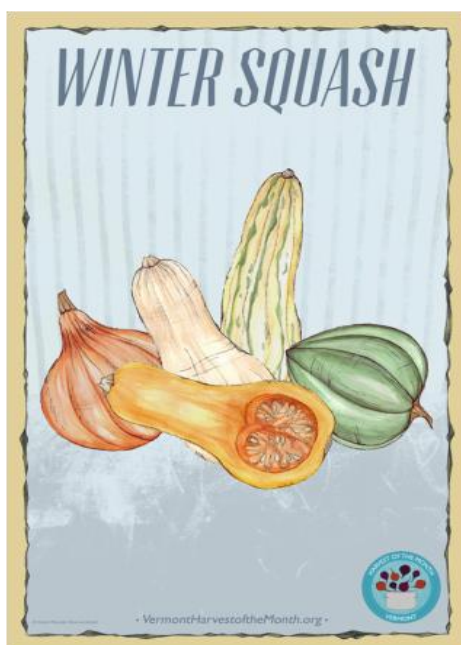
20 lbs Winter Squash, peeled and cut into 1" cubes
4 tbsp Apple Cider Vinegar
½ c Light Brown Sugar
5 tbsp Vegetable Oil
½ gallon Apple Cider
1 tbsp Salt
½ tsp Black Pepper

Directions:

1. Preheat oven to 350 °F.
2. Combine all ingredients, except squash and oil, bring to boil and cook for 30 minutes until liquid is reduced to a glaze.
3. Toss squash cubes in oil then spread as a single layer on parchment lined sheet pans.
4. Roast in 350°F oven until browned and tender.
5. Pour glaze over squash as needed to coat

Source: GMFTS

Resources:



Harvest of the Month by [Green Mountain Farm-to-School, Food Connects](#) and [Upper Valley Farm to School](#):

December's Harvest of the Month is Winter Squash. Humans have consumed squash for over 10,000 years. Squash are native to Central America, between Mexico and Guatemala. Originally, squashes were cultivated for the consumption of their seeds only, as they had minimal, bitter-tasting flesh; over time, fleshier, fruitier varieties were developed. In Aztec, Incan, Mayan and Native American cultures, squashes were grown in companionship with corn and beans. Squashes are a member of the Cucurbitaceae family, also known as the gourd family, along with cucumbers, summer squash (pattypan, zucchini), and watermelon.

Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at www.VermontHarvestoftheMonth.org

The DoD Fresh program currently has winter squash from close to

home: The Acorn Squash is from Paul Mazza's Farm in Essex Junction, VT and the Butternut squash is from assorted Farms around New England coming through P. Tavilla Produce in Chelsea, MA.

Find loads of resources and training opportunities on everything from regulations to recipes to nutrition education at:

New: Online Knife Skills Class: <http://www.fns.usda.gov/sites/default/files/cn/SP03-2015os.pdf>

[National Food Service Management Institute](#)

[School Nutrition Association](#)

[GCF Global Learning](#)

[School Meals Vermont](#)

<http://www.johnstalkerinstitute.org/resources.htm>

USDA Foods Fact Sheets

This is where you can find nutrition information, as well as product descriptions, storage info, and preparation/cooking instructions for all USDA Foods. <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

Disclaimer: *VT Munch Times* provides general information to assist Vermont sponsors of the U.S. Department of Agriculture (USDA) Child Nutrition Programs. It does not represent all federal and state requirements and regulations regarding the operation of USDA school nutrition programs. The inclusion of links to external Web sites does not constitute an endorsement by the Vermont State Agency of Education to the information, products, services or opinions contained therein

VT Munch Times is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Dan Lynch, Child Nutrition Consultant, at (802) 479-1193 or dan.lynch@state.vt.us

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